

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

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A356 – GRAPEFRUIT, FRESH, CASE

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Fresh grapefruit of U.S. Grade 1 or better. Size, variety, and case weight will vary depending upon the state in which they are grown.
PACK/YIELD	<ul style="list-style-type: none"> Cases weigh 34-39 pounds each. Each case contains a count of 27-32 (large) grapefruits. One lb AP yields 0.74 lb (about 1$\frac{5}{8}$ cups) peeled, ready-to-serve raw grapefruit sections and provides 6.48 $\frac{1}{4}$-cup servings peeled, ready-to-serve raw grapefruit sections (about 2 sections) OR 0.58 lb (about 1$\frac{1}{8}$ cups) ready-to-serve raw, peeled grapefruit sections without membrane and provides about 4.5 $\frac{1}{4}$-cup fruit sections, peeled, without membrane (about 2 sections) OR 0.48 lb (about $\frac{7}{8}$ cup) grapefruit juice and provides about 3.50 $\frac{1}{4}$-cups grapefruit and juice OR 2.0 $\frac{1}{2}$ grapefruit (about $\frac{1}{2}$ cup fruit and juice). CN Crediting: $\frac{1}{4}$ cup grapefruit sections provides $\frac{1}{4}$ cup fruit OR $\frac{1}{4}$ cup grapefruit juice provides $\frac{1}{4}$ cup fruit juice.
STORAGE	<ul style="list-style-type: none"> Store grapefruit in a well ventilated area, keeping cartons off the floor to improve circulation of air and discourage condensation of moisture on fruit. The ideal storage temperature for fresh grapefruit is 50 °F, with a relative humidity of 85-90%. Chill damage is evidenced by rapid deterioration of the interior of the fruit after it is removed from storage, and can be avoided by storing the fruits at temperatures no lower than 40 °F.



Nutrition Information

Grapefruit, raw, pink, red, and white

	$\frac{1}{4}$ cup (58 g)	$\frac{1}{2}$ cup (115 g)
Calories	18	37
Protein	0.36 g	0.72 g
Carbohydrate	4.65 g	9.29 g
Dietary Fiber	0.1 g	1.3 g
Sugars	4.01 g	8.03 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.05 mg	0.10 mg
Calcium	7 mg	14 mg
Sodium	0 mg	0 mg
Magnesium	5 mg	9 mg
Potassium	80 mg	160 mg
Vitamin A	533 IU	1066 IU
Vitamin A	26 RAE	53 RAE
Vitamin C	19.8 mg	39.6 mg
Vitamin E	0.07 mg	0.15 mg

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STORAGE (cont'd)	<ul style="list-style-type: none"> • Grapefruit may show signs of russeting (browning of the peel) or regreening (peel of ripe fruit becoming green again). Neither of these conditions affect the quality of the fruit. • Additional note: Florida grapefruits may be treated with ethylene, and should not be stored for long periods. Long storage of ethylene treated grapefruits may result in stem end rot. Refrigerated storage of grapefruit is not recommended. If it is necessary to store Florida grapefruit under refrigeration, a limited storage period is advised, and then only if fruit is inspected at regular intervals. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • FOR SECTIONS: Slice grapefruit into halves through the stem end. Slice the halves again, through the stem end. Turn sideways and slice across the previous cut. Perfect points will be formed. Remove skin, as necessary.
USES AND TIPS	<ul style="list-style-type: none"> • Serve fresh grapefruit halved or sectioned for breakfast or lunch. Can combine grapefruit sections and juice with other fruits for a fruit salad.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Wash grapefruit thoroughly before using.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.